

## CMH Waiver Outcomes

- Children are valued.
- Children are part of community life.
- Children develop & accomplish personal goals.
- Children maintain physical and mental health.
- Children are safe.
- Children and their families have an impact on the services they receive.

## IOWA DEPARTMENT OF HUMAN SERVICES



## Introduction to the Children's Mental Health Waiver



September, 2007



## Options for Additional Information

### Information

Information related to the CMH Waiver is posted to a website located at: [www.dhs.iowa.gov/rts/wCMH.htm](http://www.dhs.iowa.gov/rts/wCMH.htm).

### Personal Assistance

For *families* wishing to apply for CMH Waiver services, contact an Income Maintenance (IM) worker in the county DHS office where the child resides. See [www.dhs.iowa.gov/Consumers/Find\\_Help/MapLocations.html](http://www.dhs.iowa.gov/Consumers/Find_Help/MapLocations.html). Tell them you would like to enroll for the Children's Mental Health Waiver.

Specific questions regarding the CMH Waiver may be submitted directly to CMH Waiver Specialists: (see [www.dhs.iowa.gov/rts/ContactUs.htm](http://www.dhs.iowa.gov/rts/ContactUs.htm)) *or* contact Barbra Jordison at (515) 725-1222. Specialists are available to provide support and technical assistance to *service providers* and interested others. A county listing of these Specialists is available upon request or may be downloaded at: [www.dhs.state.ia.us/rts/ContactUs.htm](http://www.dhs.state.ia.us/rts/ContactUs.htm).

## Menu of CMH Waiver Services

*continued*

### Family and Community Support Services

This service shall be provided under the recommendation and direction of the mental health professional(s) who are members of the child's interdisciplinary team. These professionals in conjunction with the other members of the interdisciplinary team shall mutually develop strategies and interventions that will result in the reduction of stress, management of depression, and will increase the child's and family's social and emotional strength.

The service provider shall implement the mutually identified interventions into the service components that may include the following:

- Developing a crisis support network
- Coaching the interventions identified in the child's crisis intervention plan
- Modeling effective coping strategies
- Building resilience to the stigma of serious emotional disorder and reducing stigma by development of relationships with peers and community members
- Developing medication management skills
- Developing personal hygiene and grooming skills that contribute to the child's positive self-image
- Developing positive socialization and citizenship skills

## State of Iowa Iowa Medicaid Enterprise (IME) Children's Mental Health Waiver

The Children's Mental Health (CMH) Waiver provides funding and individualized supports that allow eligible children to live in their own homes and communities who would otherwise require support in a medical institution. A child who may benefit from this Medicaid waiver has been diagnosed with a **serious emotional disorder (SED)** as verified by a psychiatrist, psychologist or a mental health professional. All children will receive service coordination and monitoring from the services of Medicaid targeted case management. In addition, a comprehensive, individualized service plan is developed according to the child's needs that may include Children's Mental Health Waiver services, Medicaid State Plan services, Iowa Plan and services from other funding sources. The service plan is an outgrowth of an interdisciplinary team that obtains direction from the child and his/her parents or legal representative(s). Provision of these services must be cost effective. This waiver is limited to 600 children.



## Primary Eligibility Requirements

In order to qualify for the CMH Waiver, a child must meet the following requirements:

- The child must be determined eligible for Medicaid
- The child must be determined by the Iowa Medicaid Enterprise Medical Services unit (a.k.a. IFMC) to meet hospital level of care.
- The child must have a diagnosis of SED as determined by a psychologist, psychiatrist or mental health professional.

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## Serious Emotional Disorder (SED)

While the child may have many problems, in order to be considered a child with a Serious Emotional Disorder the following must be true:

- Be in age from birth to age 18
- The child has experienced a mental, behavioral, or emotional problem(s) severe enough and of sufficient duration that the child has been given a diagnosis of serious emotional disorder that is found in the *Diagnostic & Statistical Manual of Mental Disorders-IV-TR (DSM-IV-TR)* by a psychiatrist, psychologist, or a mental health professional.
- The serious emotional disorder diagnosis(s) must be severe enough to cause functional limitations that interfere or limit the child's role or functioning in the family, school, and/or community. The impairments may be social, behavioral, communicative, or adaptive and will impede the ability of the child in achieving or maintaining the appropriate skill or behavior.
- Developmental disorders, substance-related disorders, or conditions or problems classified in the DSM-IV-TR as "other conditions" may co-occur. However, the functional impairments must be related to the qualifying serious emotional disorder.

## Menu of CMH Waiver Services

### Environmental Modifications and Adaptive Devices

Items installed for the child's home that respond to specific documented health and safety concerns. Items may include, but are not limited to; smoke alarms, window/door alarms, pager supports, fencing, and motion sensors.



### Respite Services

Services provided to individuals unable to care for themselves; furnished on a short-term basis because of the absence or need for relief of those persons normally providing the care.

### In-Home Family Therapy Services

Skilled therapeutic services provided to the child's family.



The focus of this therapy service is to address the stressed and/or fragmented family/caregiver relationships that threaten the cohesiveness of the family unit. This service supports the child by supporting the integrity of his/her family relationships.